

Torneio de Abertura de Categorias
Coimbra, 21- - 22-10-2023

Prova 3	Masc., 400m Livres				Inf_Sen
21-10-2023 - 16:15					Resultados
RN Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16-12-2021
RN Sen	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16-12-2021
RN Jun A	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26-06-2004
RN Jun B	3:56.54	Rui Filipe, COSTA	VSC	Felgueiras	24-11-2007
RN Juv A	3:58.82	Diogo Matos, RIBEIRO	CUC	Mealhada	07-12-2019
RN Juv B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15-01-2023
RN Inf A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29-03-2014
RN Inf B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04-04-2003
RN NA	4:20.60	David Realista, GRACHAT	GESL	Vila Franca de Xira	04-02-2018

Pontos: FINA 2023

Lugar	Ano		Tempo final		Pts
Inf B					
1. Hugo Ferreira, SILVA	11	Academica de Coimbra	5:29.88	266	
50m: 38.66 38.66	150m: 2:02.64 42.58	250m: 3:25.93 41.81	350m: 4:50.09 41.87		
100m: 1:20.06 41.40	200m: 2:44.12 41.48	300m: 4:08.22 42.29	400m: 5:29.88 39.79		
2. Pedro Filipe, ALMEIDA	11	Columbofila Cantanhedense	5:30.34	265	
50m: 38.06 38.06	150m: 2:02.76 42.73	250m: 3:29.14 42.92	350m: 4:54.03 42.78		
100m: 1:20.03 41.97	200m: 2:46.22 43.46	300m: 4:11.25 42.11	400m: 5:30.34 36.31		
3. Diogo Teixeira, LOPES	11	Columbofila Cantanhedense	5:30.89	263	
50m: 37.77 37.77	150m: 2:01.49 41.60	250m: 3:27.38 42.93	350m: 4:52.24 41.97		
100m: 1:19.89 42.12	200m: 2:44.45 42.96	300m: 4:10.27 42.89	400m: 5:30.89 38.65		
4. Bernardo Bento, DINIS	11	Condeixa Clube	5:37.72	248	
50m: 37.43 37.43	150m: 2:01.39 42.16	250m: 3:28.03 43.31	350m: 4:54.82 43.42		
100m: 1:19.23 41.80	200m: 2:44.72 43.33	300m: 4:11.40 43.37	400m: 5:37.72 42.90		
5. Francisco Duarte, RODRIGUES	11	ALN	5:43.12	236	
50m: 39.13 39.13	150m: 2:05.37 43.10	250m: 3:32.71 43.75	350m: 5:01.25 44.59		
100m: 1:22.27 43.14	200m: 2:48.96 43.59	300m: 4:16.66 43.95	400m: 5:43.12 41.87		
6. Vicente Abrantes, DIOGO	11	Columbofila Cantanhedense	5:46.08	230	
50m: 37.52 37.52	150m: 2:03.06 42.84	250m: 3:33.22 45.19	350m: 5:04.05 46.12		
100m: 1:20.22 42.70	200m: 2:48.03 44.97	300m: 4:17.93 44.71	400m: 5:46.08 42.03		
7. Francisco Marques, PEREIRA	11	Columbofila Cantanhedense	5:47.36	228	
50m: 39.75 39.75	150m: 2:08.60 44.22	250m: 3:37.56 44.45	350m: 5:06.15 44.58		
100m: 1:24.38 44.63	200m: 2:53.11 44.51	300m: 4:21.57 44.01	400m: 5:47.36 41.21		
8. Afonso Jose, MIRANDA	11	ALN	5:49.39	224	
50m: 39.18 39.18	150m: 2:06.98 44.33	250m: 3:35.87 44.56	350m: 5:05.51 45.05		
100m: 1:22.65 43.47	200m: 2:51.31 44.33	300m: 4:20.46 44.59	400m: 5:49.39 43.88		
9. Leonardo Fonseca, FERRAZ	11	Academica de Coimbra	5:50.34	222	
50m: 38.91 38.91	150m: 2:06.27 43.94	250m: 3:35.85 45.00	350m: 5:06.39 45.29		
100m: 1:22.33 43.42	200m: 2:50.85 44.58	300m: 4:21.10 45.25	400m: 5:50.34 43.95		
10. David Pereira, MARQUES	11	Columbofila Cantanhedense	5:51.96	219	
50m: 39.94 39.94	150m: 2:08.40 44.69	250m: 3:39.79 45.78	350m: 5:09.20 44.58		
100m: 1:23.71 43.77	200m: 2:54.01 45.61	300m: 4:24.62 44.83	400m: 5:51.96 42.76		
11. Bernardo Silva, NEVES	11	Nautico Academico	6:03.35	199	
50m: 40.18 40.18	150m: 2:14.20 47.18	250m: 3:48.96 47.28	350m: 5:20.13 44.88		
100m: 1:27.02 46.84	200m: 3:01.68 47.48	300m: 4:35.25 46.29	400m: 6:03.35 43.22		
12. Daniel Nunes, FREITAS	11	Columbofila Cantanhedense	6:19.11	175	
50m: 40.48 40.48	150m: 2:17.77 50.06	250m: 3:53.79 48.26	350m: 5:31.83 49.07		
100m: 1:27.71 47.23	200m: 3:05.53 47.76	300m: 4:42.76 48.97	400m: 6:19.11 47.28		
13. Martim Oliveira, DIAS	11	Nautico Academico	6:21.86	171	
50m: 39.18 39.18	150m: 2:16.13 49.16	250m: 3:54.87 49.97	350m: 5:33.99 49.74		
100m: 1:26.97 47.79	200m: 3:04.90 48.77	300m: 4:44.25 49.38	400m: 6:21.86 47.87		

Torneio de Abertura de Categorias
Coimbra, 21- - 22-10-2023

Prova 3, Masc., 400m Livres

Inf A

1.	Santiago Marques, PEREIRA	10	Columbofila Cantanhedense	4:54.96	372
	50m: 33.77 33.77	150m: 1:48.65	37.88	250m: 3:04.17	38.03
	100m: 1:10.77 37.00	200m: 2:26.14	37.49	300m: 3:41.76	37.59
				350m: 4:19.97	38.21
				400m: 4:54.96	34.99
2.	Francisco Martins, SIMOES	10	Nautico Academico	5:04.84	337
	50m: 33.83 33.83	150m: 1:50.17	38.29	250m: 3:08.86	39.69
	100m: 1:11.88 38.05	200m: 2:29.17	39.00	300m: 3:48.19	39.33
				350m: 4:27.47	39.28
				400m: 5:04.84	37.37
3.	Rodrigo Miguel, MATIAS	10	Nautico Academico	5:07.63	328
	50m: 34.22 34.22	150m: 1:49.93	38.00	250m: 3:08.87	39.58
	100m: 1:11.93 37.71	200m: 2:29.29	39.36	300m: 3:48.90	40.03
				350m: 4:28.29	39.39
				400m: 5:07.63	39.34
4.	Rodrigo Sousa, BRAZ	10	Nautico Academico	5:20.05	291
	50m: 36.44 36.44	150m: 1:55.96	40.13	250m: 3:17.52	40.95
	100m: 1:15.83 39.39	200m: 2:36.57	40.61	300m: 3:58.47	40.95
				350m: 4:40.34	41.87
				400m: 5:20.05	39.71
5.	Miguel Tomas, GOMES	10	Nautico Academico	5:33.11	258
	50m: 37.98 37.98	150m: 2:03.45	41.09	250m: 3:27.86	42.45
	100m: 1:22.36 44.38	200m: 2:45.41	41.96	300m: 4:06.85	38.99
				350m: 4:47.59	40.74
				400m: 5:33.11	45.52
6.	Afonso Brandao, OLIVEIRA	10	Columbofila Cantanhedense	5:33.26	258
	50m: 37.43 37.43	150m: 2:01.96	42.35	250m: 3:27.71	43.00
	100m: 1:19.61 42.18	200m: 2:44.71	42.75	300m: 4:10.86	43.15
				350m: 4:53.68	42.82
				400m: 5:33.26	39.58
7.	Dinis Goncalves, ARAUJO	10	Uniao de Coimbra	5:45.83	231
	50m: 39.47 39.47	150m: 2:07.54	44.69	250m: 3:35.91	43.51
	100m: 1:22.85 43.38	200m: 2:52.40	44.86	300m: 4:21.24	45.33
				350m: 5:04.23	42.99
				400m: 5:45.83	41.60
8.	Pedro Emanuel, PEREIRA	10	Academica de Coimbra	6:04.40	197
	50m: 42.02 42.02	150m: 2:15.09	47.20	250m: 3:48.50	46.60
	100m: 1:27.89 45.87	200m: 3:01.90	46.81	300m: 4:35.23	46.73
				350m: 5:21.73	46.50
				400m: 6:04.40	42.67
9.	Jorge Miguel, SANTOS	10	Miranda do Corvo	6:07.21	193
	50m: 39.34 39.34	150m: 2:10.26	45.03	250m: 3:44.27	47.39
	100m: 1:25.23 45.89	200m: 2:56.88	46.62	300m: 4:32.42	48.15
				350m: 5:20.48	48.06
				400m: 6:07.21	46.73

Juv B

1.	Tomas Rafael, PEREIRA	09	Nautico Academico	4:28.32	494
	50m: 29.65 29.65	150m: 1:37.34	34.23	250m: 2:46.15	34.50
	100m: 1:03.11 33.46	200m: 2:11.65	34.31	300m: 3:20.64	34.49
				350m: 3:55.26	34.62
				400m: 4:28.32	33.06
2.	Joao Nuno, GASPAS	09	Condeixa Clube	4:38.52	442
	50m: 30.68 30.68	150m: 1:39.69	35.52	250m: 2:52.02	36.06
	100m: 1:04.17 33.49	200m: 2:15.96	36.27	300m: 3:28.35	36.33
				350m: 4:04.88	36.53
				400m: 4:38.52	33.64
3.	Guilherme Andre, GASPAS	09	Nautico Academico	4:46.16	408
	50m: 31.61 31.61	150m: 1:43.92	36.66	250m: 2:57.27	36.60
	100m: 1:07.26 35.65	200m: 2:20.67	36.75	300m: 3:33.99	36.72
				350m: 4:10.42	36.43
				400m: 4:46.16	35.74
4.	Jose Pedro, COSTA	09	Nautico Academico	4:53.29	379
	50m: 33.00 33.00	150m: 1:46.97	37.30	250m: 3:01.24	37.14
	100m: 1:09.67 36.67	200m: 2:24.10	37.13	300m: 3:38.85	37.61
				350m: 4:16.50	37.65
				400m: 4:53.29	36.79
5.	Francisco Antunes, SOUSA	09	Columbofila Cantanhedense	5:09.57	322
	50m: 35.05 35.05	150m: 1:52.63	39.63	250m: 3:11.36	38.67
	100m: 1:13.00 37.95	200m: 2:32.69	40.06	300m: 3:51.33	39.97
				350m: 4:30.65	39.32
				400m: 5:09.57	38.92
6.	Tiago Janeiro, MOITA	09	Nautico Academico	5:11.58	316
	50m: 34.94 34.94	150m: 1:52.30	38.86	250m: 3:11.78	40.01
	100m: 1:13.44 38.50	200m: 2:31.77	39.47	300m: 3:52.19	40.41
				350m: 4:32.21	40.02
				400m: 5:11.58	39.37
7.	Ricardo Cesar, SILVA	09	Academica de Coimbra	5:42.84	237
	50m: 36.34 36.34	150m: 2:01.77	43.59	250m: 3:27.97	43.52
	100m: 1:18.18 41.84	200m: 2:44.45	42.68	300m: 4:10.54	42.57
				350m: 4:54.11	43.57
				400m: 5:42.84	48.73
8.	Joao Rodrigo, COELHO	09	Academica de Coimbra	5:49.84	223
	50m: 40.58 40.58	150m: 2:09.46	44.90	250m: 3:39.78	44.83
	100m: 1:24.56 43.98	200m: 2:54.95	45.49	300m: 4:25.33	45.55
				350m: 5:09.41	44.08
				400m: 5:49.84	40.43

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Prova 3, Masc., 400m Livres

Juv A

1.	Guilherme Simoes, SOUSA	08	Nautico Academico	4:25.67	509
	50m: 30.54 30.54	150m: 1:37.17	33.69 250m: 2:45.36	34.05 350m: 3:53.40	33.84
	100m: 1:03.48 32.94	200m: 2:11.31	34.14 300m: 3:19.56	34.20 400m: 4:25.67	32.27
2.	Rafael Pereira, RODRIGUES	08	Condeixa Clube	4:25.83	509
	50m: 30.80 30.80	150m: 1:37.41	33.66 250m: 2:45.68	34.02 350m: 3:53.42	33.53
	100m: 1:03.75 32.95	200m: 2:11.66	34.25 300m: 3:19.89	34.21 400m: 4:25.83	32.41
3.	Salvador Correia, PEREIRA	08	Condeixa Clube	4:33.93	465
	50m: 31.53 31.53	150m: 1:40.07	33.88 250m: 2:49.54	34.85 350m: 4:00.19	35.05
	100m: 1:06.19 34.66	200m: 2:14.69	34.62 300m: 3:25.14	35.60 400m: 4:33.93	33.74
4.	Martim Nobre, PASCOAL	08	Columbofila Cantanhedense	4:35.83	455
	50m: 30.63 30.63	150m: 1:39.16	34.79 250m: 2:50.14	35.38 350m: 4:01.61	35.61
	100m: 1:04.37 33.74	200m: 2:14.76	35.60 300m: 3:26.00	35.86 400m: 4:35.83	34.22
5.	Joaquim Antonio, CUNHA	08	Nautico Academico	4:38.56	442
	50m: 31.62 31.62	150m: 1:42.13	35.57 250m: 2:53.29	35.57 350m: 4:04.34	35.41
	100m: 1:06.56 34.94	200m: 2:17.72	35.59 300m: 3:28.93	35.64 400m: 4:38.56	34.22
6.	Rodrigo Mosca, SILVA	08	Columbofila Cantanhedense	4:42.22	425
	50m: 30.91 30.91	150m: 1:40.26	35.70 250m: 2:53.46	36.46 350m: 4:07.06	36.82
	100m: 1:04.56 33.65	200m: 2:17.00	36.74 300m: 3:30.24	36.78 400m: 4:42.22	35.16
7.	Francisco Fernandes, PEREIRA	08	Academica de Coimbra	4:46.06	408
	50m: 32.61 32.61	150m: 1:43.94	36.33 250m: 2:56.86	36.52 350m: 4:10.57	36.52
	100m: 1:07.61 35.00	200m: 2:20.34	36.40 300m: 3:34.05	37.19 400m: 4:46.06	35.49
8.	Tiago Cravino, RIBEIRO	08	Nautico Academico	5:00.36	352
	50m: 32.44 32.44	150m: 1:47.20	38.48 250m: 3:05.31	39.91 350m: 4:23.09	38.58
	100m: 1:08.72 36.28	200m: 2:25.40	38.20 300m: 3:44.51	39.20 400m: 5:00.36	37.27

Jun

1.	Duarte Jose, FERNANDES	06	Uniao de Coimbra	4:16.87	564
	50m: 29.72 29.72	150m: 1:34.80	32.87 250m: 2:40.04	32.55 350m: 3:45.15	32.32
	100m: 1:01.93 32.21	200m: 2:07.49	32.69 300m: 3:12.83	32.79 400m: 4:16.87	31.72
2.	Marco Dimitar, OLIVEIRA	07	Nautico Academico	4:20.52	540
	50m: 29.87 29.87	150m: 1:34.75	32.75 250m: 2:41.59	33.48 350m: 3:48.29	33.17
	100m: 1:02.00 32.13	200m: 2:08.11	33.36 300m: 3:15.12	33.53 400m: 4:20.52	32.23
3.	Joao Ferreira, MARQUES	06	Academica de Coimbra	4:22.44	528
	50m: 29.91 29.91	150m: 1:35.04	33.35 250m: 2:42.44	33.95 350m: 3:50.20	34.04
	100m: 1:01.69 31.78	200m: 2:08.49	33.45 300m: 3:16.16	33.72 400m: 4:22.44	32.24
4.	Martim Alexandre, SILVA	07	Columbofila Cantanhedense	4:25.09	513
	50m: 29.99 29.99	150m: 1:36.76	33.54 250m: 2:44.63	33.69 350m: 3:52.90	33.57
	100m: 1:03.22 33.23	200m: 2:10.94	34.18 300m: 3:19.33	34.70 400m: 4:25.09	32.19
5.	Tomas Veiga, PEREIRA	06	Nautico Academico	4:26.68	504
	50m: 30.16 30.16	150m: 1:36.85	33.74 250m: 2:45.36	34.49 350m: 3:53.64	34.09
	100m: 1:03.11 32.95	200m: 2:10.87	34.02 300m: 3:19.55	34.19 400m: 4:26.68	33.04
6.	David Ferreira, SILVA	07	Academica de Coimbra	4:27.41	500
	50m: 31.35 31.35	150m: 1:38.40	33.73 250m: 2:45.73	33.76 350m: 3:54.49	34.53
	100m: 1:04.67 33.32	200m: 2:11.97	33.57 300m: 3:19.96	34.23 400m: 4:27.41	32.92
7.	Duarte Cachulo, MARQUES	07	Condeixa Clube	4:28.55	493
	50m: 28.24 28.24	150m: 1:33.76	34.33 250m: 2:44.56	35.33 350m: 3:54.83	34.77
	100m: 59.43 31.19	200m: 2:09.23	35.47 300m: 3:20.06	35.50 400m: 4:28.55	33.72
8.	Alexandre, DZYAKANAU	07	ALN	4:31.37	478
	50m: 29.49 29.49	150m: 1:36.39	33.89 250m: 2:45.05	34.52 350m: 3:56.04	35.96
	100m: 1:02.50 33.01	200m: 2:10.53	34.14 300m: 3:20.08	35.03 400m: 4:31.37	35.33
9.	Jose Miguel, MARQUES	06	Condeixa Clube	4:32.18	474
	50m: 30.41 30.41	150m: 1:38.50	34.43 250m: 2:48.14	34.90 350m: 3:57.93	34.75
	100m: 1:04.07 33.66	200m: 2:13.24	34.74 300m: 3:23.18	35.04 400m: 4:32.18	34.25

Torneio de Abertura de Categorias
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Prova 3, Masc., 400m Livres

Sen

1.	Afonso Filipe, COSTA	03	ALN					4:00.60	686
	50m: 27.64 27.64	150m: 1:28.01	30.01	250m: 2:28.72	30.23	350m: 3:29.73	30.68		
	100m: 58.00 30.36	200m: 1:58.49	30.48	300m: 2:59.05	30.33	400m: 4:00.60	30.87		
2.	Ricardo Matias, SANTOS	05	ALN					4:10.35	609
	50m: 29.07 29.07	150m: 1:31.99	31.58	250m: 2:35.96	32.07	350m: 3:39.75	31.85		
	100m: 1:00.41 31.34	200m: 2:03.89	31.90	300m: 3:07.90	31.94	400m: 4:10.35	30.60		
3.	Vasco Pereira, BASTOS	02	Nautico Academico					4:19.11	549
	50m: 29.28 29.28	150m: 1:34.29	32.90	250m: 2:39.54	32.36	350m: 3:45.28	33.41		
	100m: 1:01.39 32.11	200m: 2:07.18	32.89	300m: 3:11.87	32.33	400m: 4:19.11	33.83		
4.	Miguel Freitas, OVIEDO	02	Academica de Coimbra					4:23.49	522
	50m: 30.34 30.34	150m: 1:38.26	34.15	250m: 2:46.07	33.52	350m: 3:52.48	33.41		
	100m: 1:04.11 33.77	200m: 2:12.55	34.29	300m: 3:19.07	33.00	400m: 4:23.49	31.01		
5.	Joao Neves, ALMEIDA	05	Nautico Academico					4:24.25	518
	50m: 28.81 28.81	150m: 1:33.46	33.16	250m: 2:41.00	33.90	350m: 3:50.28	34.60		
	100m: 1:00.30 31.49	200m: 2:07.10	33.64	300m: 3:15.68	34.68	400m: 4:24.25	33.97		
6.	Goncalo Carvalho, SANTOS	05	ALN					4:26.10	507
	50m: 29.76 29.76	150m: 1:35.91	33.61	250m: 2:43.88	33.96	350m: 3:52.49	34.48		
	100m: 1:02.30 32.54	200m: 2:09.92	34.01	300m: 3:18.01	34.13	400m: 4:26.10	33.61		
7.	Antonio Pedro, MARTINS	05	Uniao de Coimbra					4:34.26	463
	50m: 33.03 33.03	150m: 1:43.08	34.97	250m: 2:52.57	34.61	350m: 4:01.62	34.70		
	100m: 1:08.11 35.08	200m: 2:17.96	34.88	300m: 3:26.92	34.35	400m: 4:34.26	32.64		
8.	Tomas Cardoso, GERALDO	05	Condeixa Clube					4:39.67	437
	50m: 31.27 31.27	150m: 1:40.79	34.56	250m: 2:51.06	35.30	350m: 4:03.77	36.82		
	100m: 1:06.23 34.96	200m: 2:15.76	34.97	300m: 3:26.95	35.89	400m: 4:39.67	35.90		
9.	Joaquim Agra, MERUJE	01	Academica de Coimbra					4:40.53	433
	50m: 30.80 30.80	150m: 1:41.30	35.78	250m: 2:53.42	36.28	350m: 4:05.72	36.23		
	100m: 1:05.52 34.72	200m: 2:17.14	35.84	300m: 3:29.49	36.07	400m: 4:40.53	34.81		
10.	Renato Maria, FERREIRA	04	Uniao de Coimbra					4:45.64	410
	50m: 31.40 31.40	150m: 1:41.89	35.39	250m: 2:54.70	36.69	350m: 4:09.16	37.23		
	100m: 1:06.50 35.10	200m: 2:18.01	36.12	300m: 3:31.93	37.23	400m: 4:45.64	36.48		
EXH	Bohdan, ZAPOROZHETS	05	Columbofila Cantanhedense					5:33.34	258
	50m: 36.66 36.66	150m: 2:00.66	42.57	250m: 3:25.85	42.28	350m: 4:51.52	42.63		
	100m: 1:18.09 41.43	200m: 2:43.57	42.91	300m: 4:08.89	43.04	400m: 5:33.34	41.82		